Have you experienced an attack that was directed against your Judaism – and felt powerless?

This first aid kit will help you to defend yourself in such situations!

A very good defense is always to ask questions: What exactly do you mean by that? Why

Is that how you see it? Where did you get this information? You’re passing the ball back and forcing your

counterpart to examine his statements. Anti-Semitic attacks are always very simplified and are based on

Hearsay. If you ask, most people realize very quickly that they are talking nonsense.

It is also important that you talk about your feelings – this creates a connection.

However, sometimes an attack can be violent and endanger your safety. If this happens, you should leave as quickly as possible and get help. You must report such incidents to the school or the police and report them to the SIG

(vorfall@swissjews.ch)!

Download PDF First aid kit for children